

# HIDE THIS SLIDE

- Intended audience is the general public (service members, families, govt employees...)
- Pandemic Influenza Planning: A Guide for Individuals and Families (<http://www.pandemicflu.gov/plan/pdf/guide.pdf>) is recommended as a handout for this briefing.
- Before presenting you are encouraged to visit the websites listed on the final slide and “read up” on avian and pandemic influenza
- Incorporate your own local SOPs into this presentation
- The notes section may contain more information than is needed for your target audience. It is recommended that you edit the briefer notes to suit your requirements and level of expertise in the subject matter.
- Use of trade or brand names in this publication is for illustrative purposes only and does not imply endorsement by the Department of Defense (DOD).
- Many of the graphics in this presentation are animated GIFs or animated graphics. They will not animate unless you view the Slide Show. Slide transitions are not recommended.
- Created with Microsoft PowerPoint 2003

**HIDE THIS SLIDE**

A faint, light blue world map serves as the background for the entire slide. The map shows the continents and oceans in a stylized, low-contrast manner.

# **Pandemic Influenza: Description, Prevention, & Planning for the Service Member**

Name

Command

Local Contact Information

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**<http://chppm-www.apgea.army.mil>**

The background of the slide is a close-up, slightly blurred image of the American flag, showing the stars and stripes. A white rectangular box with a thin red border is positioned in the upper left quadrant, containing the title.

# Purpose

To familiarize service members with the types of flu, the term pandemic influenza, and describe the actions they can take towards prevention and planning

# Agenda

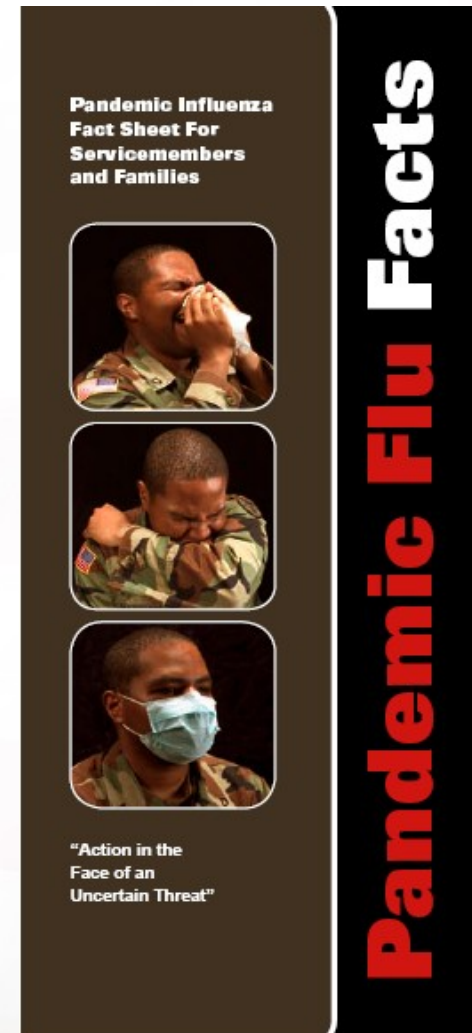
- Definition
- Background
- Prevention
- Symptoms
- Treatment
- Planning
- Summary
- Conclusion



# Pandemic Flu Facts Brochure

- Unfold YOUR *Pandemic Flu Facts* Brochure
- Reference Guide for this Briefing
- Available from USACHPPM

[http://chppm-www.apgea.army.mil/hio\\_public/orders.aspx](http://chppm-www.apgea.army.mil/hio_public/orders.aspx)





# Definitions

- Influenza (The Flu)
  - Category of viruses
  - Three major types (A, B, C)
  - Many subtypes classified by surface coatings
  - Usually self-limiting
  - May mutate over time
- Avian Flu – AKA bird flu
  - Flu virus
  - Contagious among birds
  - Does not normally infect humans
  - Can be deadly; Approx. 50% of cases die
  - No confirmed human to human transmission



# Definitions

- **Seasonal Flu**

- Viruses are not new
- Vaccine available
- Lower impact on society
- More than 200,000 hospitalizations/year
- Approx. 36,000 deaths

- **Pandemic Flu**

- Global outbreak
- New flu virus
- Serious human illness
- Easily spread from person to person



# Definitions

## Differences Between Seasonal and Pandemic Flu

Seasonal Flu	Pandemic Flu
Caused by a flu virus similar to those already affecting people	Caused by a new flu virus that people have not been exposed to before
Not life threatening for most healthy adults	Everyone at greater risk for serious complications
Modest impact on society	Possible severe impact on society
Vaccines available	Vaccines probably not



# Background

- Three pandemics in the 20<sup>th</sup> century:
  - 1918-19 Spanish Flu
    - Up to 50 million people died worldwide
    - More than 500,000 in the U.S.
  - 1957-58 Asian Flu
    - About 70,000 deaths in the U.S.
    - First identified in China
  - 1968-69 Hong Kong Flu
    - About 34,000 deaths in the U.S.
    - First detected in Hong Kong

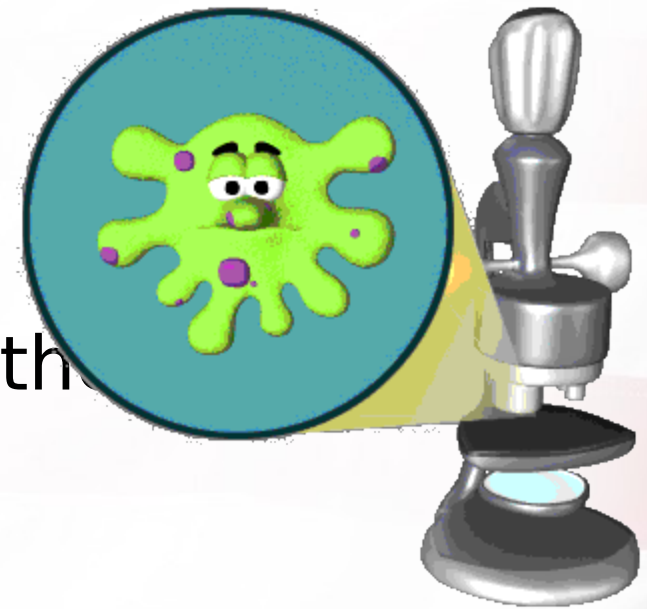
# Background

Possible for a human to human



# Prevention

- Education
- Vaccination
  - Probably not available at the time of a pandemic
  - Takes several months to become



**The seasonal flu shot is still beneficial and highly recommended even though it will not protect you against pandemic influenza**

# Prevention

- Avoid sick birds and their droppings
- Stay away from people who are sick
- If you feel sick, stay home and away from others after receiving care from your health care provider.





# Prevention

- Wash your hands frequently, especially after coughing or sneezing.
  - Use soap & water or
  - Clean with alcohol



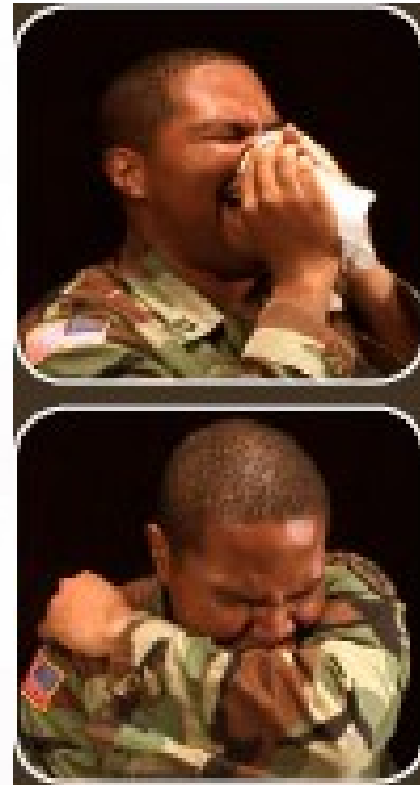
**Avian influenza may survive for weeks in the environment under favorable conditions**

# Prevention

- Avoid touching your eyes, nose, or mouth as much as possible
- Avoid smoking and tobacco smoke. Tobacco use has been associated with greater risk of severe complications from certain lung infections
- Get vaccinated with seasonal flu vaccine
- Get regular exercise, enough rest, and eat healthy balanced meals

# Prevention

- Cover your mouth and nose with a tissue when you cough or sneeze
- If you do not have a tissue, cough or sneeze into your upper sleeve, not your hands
- Put used tissue in the trash



# Prevention

- If told to wear a mask, wear it as instructed:
  - Secure ties or bands at the middle of the head and neck
  - Fix flexible band to nose bridge
  - Fit snug to face and below chin





# Prevention

- **Is it safe to eat poultry?**
  - YES, it is safe to eat properly cooked poultry
  - The U.S. bans imports of poultry from countries where bird flu has been found
  - [www.usda.gov/birdflu](http://www.usda.gov/birdflu)



# Symptoms

- Typical flu-like symptoms but may be more aggressive
  - Fever, cough, sore throat, muscle aches
- Eye infections
- Pneumonia
- Acute respiratory distress
  - Life threatening



# Contagious?

- Period of being contagious for pandemic flu is not certain
- Based on current knowledge of the flu:
  - Children will be infective longer than adults
  - Both children and adults will likely be infective before they are visibly sick

# Treatment

- Possible hospital stay
- Manage the symptoms
- Antiviral medication (may or may not work / short supply)
- Close contacts may also receive antiviral medication
- More than half of all laboratory confirmed cases have been fatal





# Planning

- The challenges:
  - Widespread social disruption (gas, banks, stores, schools, transportation...)
  - Medications and special needs family members
  - Work may be difficult or impossible
    - Can you work from home?
    - What is the plan at work?
    - Lost income?
    - Convalescent leave?
- Understand your local community's plan
- Use the planning checklists at:  
<http://www.pandemicflu.gov/plan/tab3.html>



# Planning



- Store a supply of nonperishable food, bottled water, and masks
- Ask about an extra supply of prescription medications
- Have non-prescription meds on hand
- Plan care for loved ones if they get sick
- Volunteer with local groups
- Get involved with the community as it works to prepare for a flu pandemic



# Local Medical Treatment Facilities

- Insert pertinent contact information for your local MTFs and public health (preventive medicine) assets

# Summary

- Defined seasonal, avian, and pandemic flu
- Provided a background on pandemic flu
- Provided prevention techniques
- Identified the symptoms
- Offered possible treatment options
- Offered issues to consider when planning



# Conclusion

**“Pandemics are global in nature, but their impact is local. When the next pandemic strikes, as it surely will, it is likely to touch the lives of every individual, family, and community. Our task is to make sure that when this happens, we will be a Nation prepared.”**

*- Michael O. Leavitt, Secretary  
U.S. Department of Health & Human Services*

# Questions



# More Information

- <http://chppm-www.apgea.army.mil/news/Influenza%20Website/index.htm> (USACHPPM website)
- [www.pandemicflu.gov](http://www.pandemicflu.gov) (official US govt website)
- <http://www.cdc.gov/flu/pandemic/> (CDC)
- <http://www.cdc.gov/flu/avian/> (CDC)
- [http://www.who.int/csr/disease/avian\\_influenza/en/index.html](http://www.who.int/csr/disease/avian_influenza/en/index.html) (WHO)
- <http://www.pdhealth.mil/influenza.asp#ori>